

Are you worried about an adult?

If you suspect that an adult is being neglected, harmed or suffering abuse, do not delay, take action today.

You may think that an adult is not looking after themselves, is being treated badly, or someone is taking their money, hurting them or exploiting them for work or sex.

Call the council's vulnerable adults phone line and we will help.



020 7364 6085

Making Safeguarding Personal



Tower Hamlets
Safeguarding Adults Board
Making Safeguarding Personal



Are you concerned about the welfare of a child or young person?

Don't keep it to yourself, seek advice and speak to a professional such as a teacher, a youth worker, social worker or GP.

Safeguarding is everyone's responsibility

If you see something, say something.



020 7364 5601/5606



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